

*Docket No. 1759.073***ABSTRACT OF THE DISCLOSURE****BOARD FOR GLIDING**

A board for gliding for downhill skiing, of "shell"-type construction, having, at least in an underfoot zone a lower gliding surface composed of a sole plate bordered by metal edges and a topsheet substantially parallel to the lower gliding surface, on either side of the center longitudinal plane of the board. The underfoot zone further includes lateral faces extending between the metal edges and the topsheet, the lateral faces having recesses located below the plane of the topsheet and opening out in the latter. The base of the recesses forms a slope that is inclined longitudinally relative to the lower gliding surface and the topsheet

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